

POULTICES

Definition: A soft, cold or warm, therapeutic dressing of various substances spread on the skin to draw out and relieve swelling, inflammation, infection, trauma, pain, toxicity and to help restore circulation of blood and lymph around cells; thus promoting the healing of underlying organs, muscles, bone, skin, and nerves.

A poultice can be made of most any plant, root, seed, and skin of a plant or fruit, fresh or dried that grows. This can be mashed, bruised, or pulverized when fresh, and preferably fresh picked. If it is a dried substance, powdered is best; then, mixed with equal amount of liquid, either lemon juice, or apple cider vinegar, diluted with an equal amount of water or tea; or you can use the strong acid water from the Kangen Water machine for the total amount of liquid, if you have that option.

Other substances that can be used are oils, clay, charcoal, or dirt. These act as strong drawing agents and actually hold toxic substances in like a sponge to a large degree; but, if mixed with fibrous material, they absorb much more and keep the toxins from being reabsorbed. In the vegetable world, potato, beet, and onion are very drawing and so is pine pitch!

Once you have what you desire for the herbs, fiber, and drawing substances, then, you would mix enough of the half water/acid mix to make a soft pie dough consistency (slippery elm makes this effect) that is spreadable

. Either spread this onto a piece of plastic wrap and place herb side down onto the skin, or once it is placed on the skin, it can be spread out using your fingers to push the poultice around under the plastic. Of course this cannot be done if there is pain underneath the poultice. At any rate be sure of good contact with the skin and the poultice.

A poultice can be placed directly over any fresh wound of any kind; including fresh surgery wounds (it actually heals it quicker with less adhesions and scaring) and expect perfect healing. Any kind of tincture can be rubbed into the skin prior to the poultice, then apply Deep Tissue Heating Salve, Extreme Tissue Repair, and other healing salves (these salves, ointments would not generally be used directly in cuts, or surgery wounds, but could be used around them. They can be used directly on scrapes and burns, shingles and other skin eruptions) over the top of the tincture, followed by the poultice. Salve potentiates the working of the poultice.

OTHER USES; Any kind of organ dysfunction, congestion, tumor, swelling, trauma, injury, surgery, break, clot, pain, discomfort of any kind, or infection, needs a poultice. Any healing need can use a poultice. Eyes can be poulticed as well. With eyes, as tender as they are, toleration of a drawing poultice is not for more than 30 minutes to an hour at a time, if you have strong drawing herbs in your poultice such as blood root. If it is castor oil that you use over them, then it can be for all night.

Here are some examples of poultices:

Castor Oil Poultice: Rub castor oil over skin to be poulticed and then cover with a piece of white cotton cloth saturated with castor oil. Cover all of this with plastic wrap and leave on overnight.

Potato poultice: This maintains fluid balance in burns, maintains an infection free environment, promoting healing. It must be refreshed am and pm, with new potato and red potato, purple and gold potatoes are the best. This finely shredded raw potato poultice must be covered with plastic wrap and held in place gently but firmly until no more weeping or oozing occurs from the burn. Then it can be replaced with Aloe Vera leaf poultice.

Aloe Vera leaf poultice: Place this over any broken skin, including a burn after healing has begun. You would keep putting this on fresh twice per day until even the redness is gone; that will most generally ensure the healing without a scar. The Aloe leaf can be peeled on one side (flat side), then the clear jell scored to the other peel in a crisscrossed pattern and that jell placed against the burn, be sure to cover with plastic wrap and hold in place.

Fresh plant poultice: An example of this is the cabbage leaf pounded with a hammer until the juice is out on the leaf. When this is then placed over the breast of a nursing mother, it most often can relieve pain and engorgement of the breast. Also, this is used in inflammatory breast cancer. In skin wounds, with bee stings and other maladies, plantain leaves, even narrow leaf dock, can be bruised intensely with the juices apparent on the surface and then placed over the wound or sting, don't be stingy.

Black Super Draw is my favorite poultice. It is made of white clay, charcoal, blood root, cayenne, goldenseal root, polk root, red clover, slippery elm, and garlic. These are all powders and to this mix you would add some liquid to make it into pie dough like consistency using either apple cider vinegar or lemon juice with equal amounts of water, even better is Regeneration Tea. When the right consistency is ready, spread thinly onto a piece of plastic wrap and then place poultice side down over skin. Leave on for about 4 hours. Do this twice per day.
 =This can be applied over open areas of the body where the skin, even underlying tissues have been taken away, and will protect against infection.
 =It can be applied over any affected organ, wound, and bruised or traumatized area with great healing results. Use over hernia areas for healing. Use over infected areas including cancer.
 =Use with any infection to draw out the infection and promote healing. This will help bring to a head and drain cysts, such as pyelonidal cysts at the base of the spine, and usually they never come back!

SPARKLE SAUCE or

**Light Up
Your Life
Herbs** from
Connie
Gravestock

Uses:

CONDIMENT

Use sparingly as a condiment with food

BASE FOR A CLEANSING DRINK

Use a teaspoon or so to a glass of water as an alternative to a glass of juice while on a cleansing program. Very refreshing in warm water!

¼ pound each:

Habanera
chilies
White onion

POULTICE

Use as a poultice on an area that could use heat. You may choose to add castor oil to the mix. Let it cycle through its entire process of producing high heat, then cooling off. This takes around an hour usually. Don't remove until it has cooled back down.

PAIN RELIEVER

Use internally as well as externally as in a poultice for pain relief. This

Garlic
Horseradish
Burdock
Ginger root

Add:

$\frac{1}{4}$ bunch cilantro
Rind of $\frac{1}{2}$ orange

Run these herbs
through a macerating
juicer (such as a
Champion with a flat
plate).

Add a few tablespoons of fenugreek seeds at the end as well as turmeric to taste.
Cover with kosher apple cider vinegar; or lemon juice may be used if you will be
using it up faster. Store this in a refrigerator.